



## Cilantro-Serrano Pesto with Grilled Chicken and Penne

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 3 ounces penne pasta hot cooked uncooked
- ☐ 0.5 cup cotija cheese
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1.5 cups cilantro leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 2 garlic cloves

- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons pecan halves toasted
- ☐ 1 serrano chile seeded sliced
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.8 pound chicken breast boneless skinless

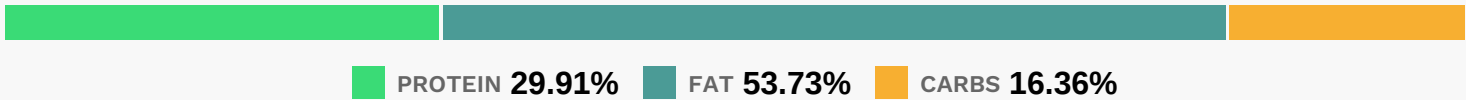
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill pan

## Directions

- ☐ Place cilantro and next 6 ingredients (through chile) in a food processor; process until well blended. With processor on, slowly pour oil through food chute; process until well blended.
- ☐ Place pesto in a large bowl; stir in vinegar and black pepper.
- ☐ Heat a grill pan over medium-high heat. Coat chicken with cooking spray.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Cut chicken into bite-sized pieces.
- ☐ Add chicken, pasta, and tomatoes to pesto; toss to combine.

## Nutrition Facts



## Properties

Glycemic Index:29.92, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:12.849565296069%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 210.68kcal (10.53%), Fat: 12.68g (19.5%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 7.12g (2.59%), Sugar: 1.6g (1.78%), Cholesterol: 47.41mg (15.8%), Sodium: 604.96mg (26.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Selenium: 24.38µg (34.83%), Vitamin B3: 6.55mg (32.74%), Vitamin B6: 0.56mg (28.14%), Manganese: 0.42mg (21.08%), Phosphorus: 203.96mg (20.4%), Vitamin C: 15.1mg (18.3%), Vitamin K: 17.32µg (16.49%), Vitamin A: 754.34IU (15.09%), Vitamin B2: 0.2mg (11.82%), Potassium: 403.11mg (11.52%), Vitamin B5: 1.1mg (10.96%), Calcium: 88.7mg (8.87%), Magnesium: 34.85mg (8.71%), Vitamin E: 1.27mg (8.45%), Copper: 0.16mg (7.87%), Vitamin B1: 0.12mg (7.84%), Zinc: 1.13mg (7.57%), Iron: 1.26mg (7.03%), Fiber: 1.56g (6.25%), Folate: 21.84µg (5.46%), Vitamin B12: 0.32µg (5.41%)